



STAR VIEW SCHOOL

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Paul Kraft, Principal

OVSD School Wellness Policy Regarding Food for Celebrations at School.

Dear Star View Families,

The foods listed below comply with the federal nutrition guidelines and are suitable for the classroom. Please check with your child's teacher before bringing in any of these foods for celebrations. After you have received approval from the classroom teacher, please bring the items to the office.

Healthy Dairy Snack Ideas

- String Cheese and Fruit
- Low fat or nonfat Milk or Yogurt Smoothies with 100% fruit juice and sliced bananas or strawberries
- Cottage Cheese or Yogurt with fruit (fresh or canned)
- Fat-Free or 1% White, Chocolate or Flavored Milk

Healthy Fruit and Veggie Snack Ideas

- Raw Vegetables with low-fat yogurt dip, cottage cheese or humus
 - Baby Carrots
 - Celery Sticks
 - Cucumber Slices
- Apples and cheese - pears and other fruits are good too!
- Frozen fruit bars
- Trail mix with nuts and dried fruit
- 100% Fruit Juice box

Healthy Grain Snack Ideas

- Whole-grain crackers with cheese.
- Whole-grain cereal with milk
- Flavored rice cakes (like caramel or apple cinnamon).
- Baked potato chips, or tortilla chips with salsa
- Popcorn - Air popped or low-fat microwave
- Pretzel sticks and a glass of milk
- Vanilla wafers, gingersnaps, graham crackers, animal crackers, fig bar or raisins.